

Healthcare Physical Activity Champions' Update

This newsletter focuses on a programme of work that seeks to embed physical activity into health. As a Healthcare Physical Activity Champion you can support yourself, your colleagues and your patients to be more active, more often.



Click the text or images in all stories for more information



ReMove the Blues Challenge gets Primary Care staff taking positive steps!



215 PCN staff took part in ReMove the Blues as part of the Active Connections Hub – an online, fully-funded movement platform. Read more and find out how to take part yourself.

“I have continued with my 20 minutes of daily movement, and I feel so much better for it – my back pain has improved significantly since starting the ReMove the Blues challenge.”



Training and Webinars



Physical Activity Clinical Champions (PACC) Training

- 38 health professionals joined us on 27th February for our PACC & Mental Health training.
- Sign up to the next free PACC training on the 6th May.**



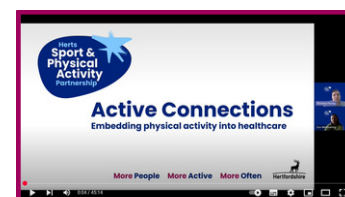
New Masterclass Webinars from the RCGP

- Funding your physical activity projects.
- Exploring an extended role in lifestyle medicine.
- Creating effective health pathways.
- Sign up to join or receive a recording.**



Catch up on the Active Connections webinar

- Find out how to embed physical activity into health and becoming an Active Practice. **Catch up [here](#).**



Success Stories

Ware & Rurals PCN and Broxbourne Alliance PCN have been training their personalised care staff to deliver chair-based exercise and strength & balance classes.



Resources to help promote physical activity

NEW GP screen slides to download and show in your waiting rooms. Get in touch to receive copies.



Please contact z.mckeating@herts.ac.uk for further information or to arrange training/events